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103 **Zn (Zinc Tablets) Inhibits Coronavirus and Arterivirus RNA Polymerase Activity In Vitro and Zinc Ionophores Block the Replication of These Viruses in Cell Culture**

Academic Report

I've been taking zinc for years whenever I had a common cold (RNA virus) and they have successfully knocked them out in a day or two (sometimes even before onset of symptoms) If I get infected, I'm taking this shit to support my recovery.

[Clinical Paper](#)

Pertinent Excerpt:

Increasing the intracellular Zn(2+) concentration with zinc-ionophores like pyrithione (PT) can efficiently impair the replication of a variety of RNA viruses, including poliovirus and influenza virus. For some viruses this effect has been attributed to interference with viral polyprotein processing. In this study we demonstrate that the combination of Zn(2+) and PT at low concentrations (2 μ M Zn(2+) and 2 μ M PT) ---- > inhibits the replication of SARS-coronavirus <----- (SARS-CoV) and equine arteritis virus (EAV) in cell culture

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